

**Twelve Steps Checklist
Member Statements of Support**

October 15, 2024

The following are statements of support from AA members across the United States.

Thank you for sending me the 12 step checklist. I found it to be a great tool for anyone who is thinking that they might be an alcoholic. It is an examination of conscience and a lot more detailed than the pamphlet checklist, which I refused to read in case I answered any questions with a "yes".

I was amazed at the checklist that had all of the Alcoholic Anonymous book references. Your group really put a huge amount of work in this version and in the first one too. This would make a great pamphlet for anyone.

I forwarded both of these 12 Step Checklists to our Central Office to the women who, with a group of others, started the Corrections Committee more than 20 years ago. She replied that it is a good tool to help those who are questioning if they are alcoholics, but we have the fourth step that can help them also. I think the checklist would make a great tool for a discussion group meeting in our jails and prisons.

Thank you for giving us this opportunity to review your hard work. I am very impressed with it and I think it will help a lot of people make up their minds if they are an alcoholic or not.

Sincerely,
Joanne H., Chairman
Cleveland, Ohio AA Corrections Committee
heppjoanne85@gmail.com

I am writing in regards to the 12 step checklist that is being presented to you for approval. I have found the 12 step checklist to be helpful in my work with my sponsor as well as with my sponsees. The questions Challenge us to dig deeper and ask ourselves questions we may not otherwise think of. Basically, I find them to encourage a little research which gets me deeper into the big book of Alcoholics Anonymous. Thank you for your consideration.

Leanne H.
Cheifland, Florida

After our Step study I mention relevant questions from your checklist as aids to prompt thoughts and sharing. Your checklist is brilliant! I'm using the checklist questions along with readings from Alcoholics Anonymous with my newer sponsees. They really like it.

Cheers,
Charlotte W.
Brooklyn, NY

Looks like something I'd love to use with my sponsees.

Teresa H.
Logan, UT

This is great, thank you!

Beth E.
Lincoln, NE

It's helpful for ME to read these and reflect. It's easy for me to begin to floss over this stuff.. forgetting the importance of looking deep and being honest and thorough. I think pondering that very first question of what is my definition of 'harm?' I had to look at things from a different perspective to realize I had harmed (worried) the siblings I've had beef with. That happened far and away before my parents' death and the subsequent issue concerning the will. I've been blurring the line between the 2.

Jennette J.
Livingston, TX

Hi Nancy,

Thank you for asking for my input on the Twelve Step Checklist. Here are my comments:

As someone with 37 years of sobriety, who currently sponsors eight people, I see this checklist as very useful. I meet with some of my sponsees each week via Zoom (attendance is optional, so not all attend). We work through AA literature, reading aloud together. I am going to suggest to them, after we complete the book *Came to Believe*, that we go through the Steps portion of the *Twelve Steps and Twelve Traditions*, and use the questions in the Steps Checklist to guide our discussion.

To me, these questions are an excellent way to actively practice the Steps. They give a new way of viewing the Steps, and by asking ourselves these questions, we can add them to the way we actually live the Steps, not just reading about the Steps.

I believe the Steps Checklist is a valuable tool, and would be an excellent addition to the materials made worldwide to AA members, either through AAWS, Inc. or through the AA Grapevine, Inc.

In love and service,

Merri Monks
Sobriety date: 4-28-1987
Des Moines, Iowa

This 12 Step Checklist has become an essential part of my Step work with my sponsor. A small group of myself my sponsor and 4 or 5 of my sponsee sisters use it for group discussions and when we work through the Steps together. The discussions we have had from this have enhanced my recovery and knowledge of the 12 Steps immensely. I am now using it with my sponsee as a means of tying up the end of each Step study. I promote this Step study tool for acceptance along with the 12 Traditions Checklist and the 12 Concepts Checklist. I believe it would make it a wonderfully complete set of study tools.

Karen C.
Antioch, CA

I found the questions very good and easy to understand.

Shelley M.
Chico, CA

The Twelve Step Checklist streamlined and made doing the Steps easier for me. I have done the Steps previously in my years in AA but the Checklist was so simple and I really think it would be beneficial as a guide for taking new people through the Steps. Of course not every sponsor will use the Checklist but for me it has been very helpful.

Laurelle M.
Wilton, CA

Thank you so much for sharing the twelve step checklist - such a great tool. I have an influx of newcomer sponsees.

Ora R.
Cameron Park, CA

The 12 Step Checklist is a fine job. It's a truly simple path to some of the situations we face in the program of recovery through Alcoholics Anonymous.

J.D. D.
Lodi, CA

Amazing work! Thank you for sharing.

Krystal B.
Sacramento, CA

Looks great. Thank you for your service

Stephanie P.
Galt, CA

Wow! This is awesome!!!

Hollie M.
Lodi, CA

I haven't used it but I will. It's very good!

*Michelle H.
Granite Bay, CA*

I highly recommend the 12 Step Checklist. My sponsor uses it with me at the conclusion of working each step. The questions are thought provoking and very thorough and bring up issues and thoughts that I otherwise wouldn't have had. The 12 Step Checklist has contributed to my feeling that I have worked the steps fearlessly and thoroughly.

*Sherry Caris
Twin Peaks, Southern California*

Your group did a bang-up job and I love that your Checklist stayed in both the books! Speaking of books, I have one observation: You guys use the verbiage "Twelve Steps and Twelve Traditions" and then the words "Alcoholics Anonymous." I had to read thru the first couple of paragraphs 2-3 times cuz I didn't know what "Alcoholics Anonymous" was referring to. Then it dawned on me! I'm used to seeing such info as referenced to the "Big Book." I know this is minor, but it did throw me off at first. Well it's great work and I'd love to have a copy when the dust is settled.

*Susan G.
Cameron Park, CA*

The Twelve Step Checklist has been of immense help and has served as a useful guide to working the Steps. The questions contained there-in have provided much food for thought with regard to the Steps in my experience and has been helpful with regards to understanding them better, identifying areas of resistance, and effectively working them.

Thanks,
Marilyn S.
Los Angeles, CA
grateful member of Alcoholics Anonymous.

Thanks again for your efforts and generous willingness to share time and these great Step Guides with me! As we've discussed, in the work I do as a volunteer in penal institutions I don't have the benefit of being able to guide the people I meet there through the Steps. They often ask for Step guides or any resources I can provide to help them take the Steps. There are no such AA conference approved resources, so in most cases the inmates end up using the NA Step Working Guide. This is not a terrible alternative, but it does serve as an attraction to programs other than AA. While I have little real concern about how or which literature one uses to recover from their addiction(s), I can't help but feel that resources like this will help me to help others find the amazing gift of recovery inside the walls.

I'll continue to share these resources with the people I encounter and I'll be interested to see how they use it. Thanks again!

Regards,

Bill H., Jr
Visalia, CA
Email for life: bhartzman98@gsm.uci.edu
Phone: 559-740-8613

I have been carrying the AA message into a California Department of Corrections facility for ten years. Through the Northern California Hospital and Institution Committee, I have been able to arrange for the delivery of many cases of AA and Grapevine literature over the years. I have been repeatedly asked by AA members in custody if they can have something which would be a guide to the Twelve Steps, some kind of questions or workbook they could have to work on between meetings, or periods of medical or security lockdown. There is no AA sponsorship service at this facility.

Then came the pandemic. While literature was being delivered, there was no Step questionnaire which could serve as a substitute for the active engagement our friends inside needed and wanted so badly. The Checklist proposed by CNIA would be a great start in meeting this need. While pandemic restrictions have been lifted, there is still the occasional lockdown which prevents incarceration can bring. The Checklist could help with that feeling of AA connection, the idea of "we're all doing this [the Steps] together" and universality which all of us alcoholics need. Please consider the checklist as a service piece, if not Conference-approved material.

Melody Tolmie
AA H&I Facility Coordinator
Stockton, CA
209-482-4470

In response to persistent and consistent requests for an "AA Step Working Guide" I have begun sharing the attached 12 Step Checklist documents. These resources (attached) were prepared and shared by a long time sober member of AA member who has encountered the same requests in Northern California. The purpose of these docs is to assist our fellows in understanding and applying AA's 12 steps. When sharing these documents I've been careful to explain that these are not approved AA literature and that AA (or we as representatives) do not endorse any specific manner of applying the 12 steps. Rather these resources are offered as one approach alcoholics might take in gaining an understanding of the 12-step recovery process. Responses to these has been generally positive.

Editor
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Twelve Steps Checklist

"Alcoholics Anonymous Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole."

p.15 Twelve Steps and Twelve Traditions

We hope this checklist will help the individual to become more aware of the personality changes that take place in our personal growth.

Step Eleven:

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

1. What is the reason I sometimes don't want to pray? Why do I feel there is something wrong with me? Why am I rebellious? What can I do about it?
2. What can I hope to gain from meditation? Why would I still need to seek guidance if I meditate daily?
3. How can prayers of my religious denomination or my own prayers be beneficial? .
4. What prayer in Step Eleven in the *Twelve Steps and Twelve Traditions* is helpful for beginning meditation? What is meant by a becoming a channel? What does self-forgetting mean and how is that accomplished?
5. What is my concept of a Higher Power? How do I know when I'm following God's will or my will?
6. Explain how I have found peace, contentment and a sense of purpose and belonging through the A.A. program? How has this Step changed my thinking about the world and people about us?
7. What is the shortest paragraph in the Big Book?
8. Why not ask for specific solutions to specific problems?
9. What is the difference between meditation and prayer? Where and how do I do this? How often should I pray or meditate? Describe my personal practice of prayer and meditation.

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